



This guideline identifies tasks that could help when transitioning to adult healthcare. Each age level lists new tasks to do in addition to the items in the previous age. Some youth may be ready to do these tasks earlier, while others may start at a later age. **Not all tasks are applicable to everyone.**

Your Transition Contact Person is: Name and Role and can be reached by Phone and/or email.

	At around ages 12-14 yrs	At around ages 14-16 yrs	At around ages 16-17 yrs	At around age 17+ yrs
APPLY FOR:	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Social Insurance Number (SIN)</a></li> <li><input type="checkbox"/> Bank Account</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Government issued <a href="#">photo I.D.</a></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Adult funding</a>* – Persons with Developmental Disabilities (PDD)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Adult medical and dental <a href="#">insurance</a>*</li> <li><input type="checkbox"/> <a href="#">Guardianship and Trusteeship</a>*</li> <li><input type="checkbox"/> Day programming through PDD</li> <li><input type="checkbox"/> Attend orientation for <a href="#">SMC Home Care</a>*</li> <li><input type="checkbox"/> <a href="#">Adult funding</a>* (i.e. Assured Income for the Severely Handicapped – AISH)</li> </ul>
LEARN ABOUT:	<ul style="list-style-type: none"> <li><input type="checkbox"/> Youth's <a href="#">medical condition</a>, allergies, medications, treatments, and prognosis</li> <li><input type="checkbox"/> <a href="#">Talking to the healthcare team</a></li> <li><input type="checkbox"/> How your role may change with transition to adult healthcare</li> <li><input type="checkbox"/> Support groups and opportunities to <a href="#">connect with other families</a> transitioning to adult healthcare</li> <li><input type="checkbox"/> Healthy lifestyle choices and <a href="#">mental health</a> for you and your family</li> <li><input type="checkbox"/> <a href="#">Public transportation</a> and/or <a href="#">Calgary Transit Access</a></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Community resources</a> that support transition to adulthood (i.e. Children's Link)</li> <li><input type="checkbox"/> How <a href="#">medications</a> can react with other medications, street drugs and alcohol</li> <li><input type="checkbox"/> Confidentiality, informed consent, and patient rights</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Differences</a> between pediatric and adult care</li> <li><input type="checkbox"/> Changes to <a href="#">health insurance</a> when he/she becomes an adult</li> <li><input type="checkbox"/> <a href="#">Guardianship and Trusteeship</a></li> <li><input type="checkbox"/> Adult <a href="#">Home Care</a> (i.e. Vendor Services versus <a href="#">Self-Managed Care-SMC</a>)</li> <li><input type="checkbox"/> Day programming options through PDD (Agency versus Family Managed Support)</li> <li><input type="checkbox"/> Opportunities for the youth to learn budgeting and <a href="#">money management</a></li> <li><input type="checkbox"/> Options to live away from home</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Where your care is being transferred</li> <li><input type="checkbox"/> Healthcare options between the last pediatric and first adult appointments</li> </ul>
PREPARE BY:	<ul style="list-style-type: none"> <li><input type="checkbox"/> Completing the <a href="#">Transition Readiness Checklist for Parents of Dependent Youth</a> each year</li> <li><input type="checkbox"/> Creating a <a href="#">MyHealth Passport</a> or <a href="#">Health Journal</a> and updating it each year</li> <li><input type="checkbox"/> Finding a <a href="#">family doctor</a></li> <li><input type="checkbox"/> Finding opportunities for the youth to help with meals, grocery shopping and household chores</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Keeping track</a> of important health information</li> <li><input type="checkbox"/> Attending a <a href="#">transition workshop</a></li> <li><input type="checkbox"/> Having an appointment with your family doctor at least once per year</li> <li><input type="checkbox"/> Requesting that your family doctor receive all relevant medical reports</li> <li><input type="checkbox"/> Requesting a psycho-educational assessment/reassessment for the youth</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Updating medical equipment</li> <li><input type="checkbox"/> Ensuring the last pediatric clinic visits are scheduled</li> <li><input type="checkbox"/> Confirming that your family doctor is receiving all relevant medical reports</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Booking and <a href="#">preparing for your clinic visits</a></li> <li><input type="checkbox"/> Discussing <a href="#">advance care planning</a> with your healthcare team</li> <li><input type="checkbox"/> Obtaining a Medical Transfer Summary</li> </ul>

